

The DASH Eating Plan

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The DASH Eating Plan Puts Patients on the Road to Heart Health

Get with the plan that is *clinically* proven to significantly reduce blood pressure. It's not enough to tell hypertensive and prehypertensive patients to, "Watch your diet." Give them a week's worth of sample menus, recipes, heart healthy dishes, and an easy-to-read summary of the findings from the "Dietary Approaches to Stop Hypertension" clinical study that showed how elevated blood pressure levels can be reduced with an eating plan low in total fat, saturated fat, and cholesterol, and rich in fruits, vegetables, and lowfat dairy products. It even has a form to track food habits before starting the plan and a chart to help with meal planning and food shopping. *Facts About the DASH Eating Plan* 24 pages. NIH Publication No. 03-4082.